

For Sale

house with all mod-
erned almost in the
A very attractive
Price right. In-

BROOKS

TE DEALER
t Square

MAINE

DIRECTORY

ion is extended to
ing to any of these
it meetings when is

, No. 97, P. & A.
ic Hall the second
every month. W.
Fred B. Merrill, Sec.

ER, No. 102, O. B.
Hall the first Wed-
each month. Mrs.
M.; Mrs. Pearl

DGE, No. 31, I. O.
r hall every Friday
burn, N. G.; A. C.

AH LODGE, No. 64,
Odd Fellows' Hall
Monday evenings of
illa Morgan, N. G.;
Secretary.

E, No. 23, K. of P.
I the first and third
onth. L. A. Sumner,
K. of R. and S.

LE, No. 63, PYTH-
ists the second and
evenings of each
Hall. Mrs. Carrie
Constance Wheel-

No. 84, G. A. B.
ce' Hall the second
ys of each month
(Commander); I. C.
N. Bartlett, Q. M.
, No. 36, meets in
the second and
evenings of each
Inman, President;
eler, Secretary.

DT POST, No. 31,
N, meets the first
onth in its rooms.
auder; Lloyd Lar-

E, No. 56, P. of W.
the first and third
each month. Zenas
V. Hastings, Secre-

Association. Meet-
ach month at Gram-
school year. Pres-
odwin; Secretary,
kerckhoven.

S CARDS

D ROOMS
CONVEYANCE
RYANT
Bethel, Maine
Connection

EN LEAF

OB & MORTICIAN
EARSE
MOVING THE
K

ht Service
MAINE
12-6

LEFIELD

RE LIVERY
ht Service
Maine
occe

NEY & CO.

MAINE
anite Workers

ship.
promptly answer

prices
NEY & CO.
action Guaranteed

RE

UTOMOBILE

SABILITY

ANCE

BARTLETT,
Bethel, Maine

e Agency

othingham

a, Maine

t of all kinds of

ty.

a specialty.

ill do well to get

this Agency.

The Great Atlantic & Pacific Tea Co.

Main Street

Bethel Bakery

W. A. Bragg

Groceries

M. A. Naimey

Dry and Fancy Goods

Farwell & Wight

Restaurant

Buy Maine Products
of Maine People

W. C. Bryant

Groceries

Rowe's

Clothing, Dry and Fancy Goods

D. G. Brooks

Hardware

Carver's

General Store

The advertisers whose names
appear on this page carry
assortments of
Maine Made Products.

C. K. Fox

General Merchandise

L. M. Stearns

Millinery, Dry and Fancy Goods

W. E. Bosserman

Druggist

Star Lunch

Restaurant

L. W. Ramsell Co.

Groceries

When you do your shopping
be sure and ask for

G. L. Thurston

Hardware

Maine Made Products

E. P. Lyon

Dry and Fancy Goods

Morse Grocery

Groceries

Allen's Shoe Store

Shoes and Clothing

A. Van Den Kerckhoven

Florist

Ira C. Jordan

General Merchandise

WEST PARIS

Arthur C. Barker of Bethel, N. H., was the guest Thursday of his sister, Miss Mabel Barker.

Mrs. George Swan is visiting relatives in Lewiston.

Mrs. Hannah Caldwell entertained the local Will Society Wednesday. Nineteen members were present, and a very pleasant afternoon was enjoyed.

Dr. and Mrs. Ray of Gorham, N. H., have moved into the Wheeler house on Main Street vacated by Dr. Cates' family and the doctor has taken Dr. Cates' practice. Dr. Cates has moved to his home at East Vassalboro, and the first of February the family will go to Philadelphia, where the doctor has a position at St. Agnes Hospital. Dr. Cates and family were very much liked during their brief stay here. The doctor's family both as a physician and as a family made him a very desirable country physician. Dr. Cates is coming to Philadelphia on account of the opening for surgery. Dr. Ray, who exceeds him, is a graduate of McGill College, and is well recommended.

BONOMO POND

Miss Jennie Kimball returned home from a visit to Bethel, N. H., and New York, N. Y., Jan. 19th.

George Swan has returned to town on account of the illness of Mr. E. O. Thompson and Mrs. H. B. Johnson in Lewiston, Jan. 19th.

Dr. W. H. Henshaw and family spent the week end at their cottage.

Mr. and Mrs. Charles Thompson and family were guests at the home of Mr. and Mrs. H. B. Johnson, Monday.

The H. B. Johnsons were guests of Mr. and Mrs. H. B. Johnson, Monday.

The Thompson family were guests of the Thompson family, Monday.

Miss Jennie Kimball, who has been visiting in Bethel, N. H., and New York, N. Y., returned home Monday.

George Swan has returned to town on account of the illness of Mr. E. O. Thompson and Mrs. H. B. Johnson in Lewiston, Jan. 19th.

Dr. W. H. Henshaw and family spent the week end at their cottage.

Mr. and Mrs. Charles Thompson and family were guests at the home of Mr. and Mrs. H. B. Johnson, Monday.

The H. B. Johnsons were guests of Mr. and Mrs. H. B. Johnson, Monday.

The Thompson family were guests of the Thompson family, Monday.

Miss Jennie Kimball, who has been visiting in Bethel, N. H., and New York, N. Y., returned home Monday.

George Swan has returned to town on account of the illness of Mr. E. O. Thompson and Mrs. H. B. Johnson in Lewiston, Jan. 19th.

Dr. W. H. Henshaw and family spent the week end at their cottage.

Mr. and Mrs. Charles Thompson and family were guests at the home of Mr. and Mrs. H. B. Johnson, Monday.

The H. B. Johnsons were guests of Mr. and Mrs. H. B. Johnson, Monday.

The Thompson family were guests of the Thompson family, Monday.

Miss Jennie Kimball, who has been visiting in Bethel, N. H., and New York, N. Y., returned home Monday.

George Swan has returned to town on account of the illness of Mr. E. O. Thompson and Mrs. H. B. Johnson in Lewiston, Jan. 19th.

Dr. W. H. Henshaw and family spent the week end at their cottage.

Mr. and Mrs. Charles Thompson and family were guests at the home of Mr. and Mrs. H. B. Johnson, Monday.

The H. B. Johnsons were guests of Mr. and Mrs. H. B. Johnson, Monday.

The Thompson family were guests of the Thompson family, Monday.

Miss Jennie Kimball, who has been visiting in Bethel, N. H., and New York, N. Y., returned home Monday.

George Swan has returned to town on account of the illness of Mr. E. O. Thompson and Mrs. H. B. Johnson in Lewiston, Jan. 19th.

Dr. W. H. Henshaw and family spent the week end at their cottage.

Mr. and Mrs. Charles Thompson and family were guests at the home of Mr. and Mrs. H. B. Johnson, Monday.

The H. B. Johnsons were guests of Mr. and Mrs. H. B. Johnson, Monday.

The Thompson family were guests of the Thompson family, Monday.

Miss Jennie Kimball, who has been visiting in Bethel, N. H., and New York, N. Y., returned home Monday.

George Swan has returned to town on account of the illness of Mr. E. O. Thompson and Mrs. H. B. Johnson in Lewiston, Jan. 19th.

Dr. W. H. Henshaw and family spent the week end at their cottage.

Mr. and Mrs. Charles Thompson and family were guests at the home of Mr. and Mrs. H. B. Johnson, Monday.

The H. B. Johnsons were guests of Mr. and Mrs. H. B. Johnson, Monday.

The Thompson family were guests of the Thompson family, Monday.

Miss Jennie Kimball, who has been visiting in Bethel, N. H., and New York, N. Y., returned home Monday.

George Swan has returned to town on account of the illness of Mr. E. O. Thompson and Mrs. H. B. Johnson in Lewiston, Jan. 19th.

Dr. W. H. Henshaw and family spent the week end at their cottage.

Mr. and Mrs. Charles Thompson and family were guests at the home of Mr. and Mrs. H. B. Johnson, Monday.

The H. B. Johnsons were guests of Mr. and Mrs. H. B. Johnson, Monday.

The Thompson family were guests of the Thompson family, Monday.

Miss Jennie Kimball, who has been visiting in Bethel, N. H., and New York, N. Y., returned home Monday.

George Swan has returned to town on account of the illness of Mr. E. O. Thompson and Mrs. H. B. Johnson in Lewiston, Jan. 19th.

Dr. W. H. Henshaw and family spent the week end at their cottage.

Mr. and Mrs. Charles Thompson and family were guests at the home of Mr. and Mrs. H. B. Johnson, Monday.

The H. B. Johnsons were guests of Mr. and Mrs. H. B. Johnson, Monday.

CANTON

Mrs. S. C. Jones is seriously ill. Her daughter, Miss Mabel L. Jones of Portland and Mrs. Grace Kilbreth of Turner, have been summoned home, and her son, Harris Jones, and wife of Rumford have been visiting at the Jones home.

A special meeting of Whitney Lodge, P. and A. M. was held Thursday evening, when the District Deputy, Arthur M. Packard of Rumford, was present in his official capacity. The Entered Apprentice degree was conferred. Several visitors were present. An oyster supper followed the meeting.

The Universalist Circle have elected officers as follows: Pres., Mrs. Lillian Bicknell; 1st. Vice Pres., Mrs. Ella Young; 2d. Vice Pres., Mrs. Flora Young; Sec., Mrs. Eva York; Treas., and Chap., Mrs. Ella Gilbert; Trustees, Mrs. Flora Young, Mrs. Eva York, Mrs. Anna Bailey, Coll., Mrs. Adelle Ray.

Mrs. Frank Richardson has been spending several days with friends in Bethel.

George Johnson and family have moved to the village and are occupying a tent in the house of Arthur Elwood.

A. I. Terrell and crew of men have been cutting ice for the townpeople.

Mrs. Gordon Dymond and two children, Arlene and Junior, have gone to local harbor to join Mr. Dymond, who recently built a home at that place.

Arthur Newton, Samuel Hayden and Agnes Dodge went to Rumford Tuesday evening to attend the joint social of the Oxford Branch and Pennock Lodge of O. E. F. M.

Mr. Newton attended in the capacity of District Deputy and installed the officers of Oxford Branch.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

Mrs. John Smith has been visiting at the home of Mr. and Mrs. H. B. Johnson.

BETHEL AND VICINITY

BETHEL AND VICINITY

(Continued from page 1)

Mr. Albert Silver has a new snow boat.

Miss Myrtle Wilson is visiting at Mrs. Anna Grover's.

Mr. G. L. Thurston was in Portland over the week end.

Mr. Leeson Wheeler is spending some time in Newfane, Vt.

Mr. T. B. Burk spent a few days in Gorham, N. H., last week.

Herick Bros. Co. unloaded a carload of new Ford cars last week.

Mr. F. P. Flint has purchased the L. A. Hall house on Broad Street.

Mr. Parker Conner has returned to his work at Crockett's Garage.

H. P. Thurston & Son loaded two carloads of daisies last week.

Mrs. Ray Cotton of North Paris was in town last week visiting relatives.

Mrs. Francis Lord of Rumford is the guest of Mr. and Mrs. Laurence Lord.

Mrs. Nina Gibbs of North Paris was the guest of relatives in town last week.

Mrs. T. B. Burk is visiting in the home of A. N. Twitchell at Gorham, N. H.

Parker, the young son of Mr. and Mrs. T. B. Burk, is ill with scarlet fever.

Miss Mary Parsons was the week end guest of her classmate, Miss Albert to Bethel.

The interior of the Parsons Hall has been redecorated with paint, carpet and paper.

Mr. Marion Lord and family have moved into the upstairs part of Frank Taylor's house.

Mr. and Mrs. A. M. Merrill and daughter of West Bethel were Sunday guests of relatives in town.

Mr. and Mrs. T. B. Andrews have moved from Bethel and are occupying rooms at W. P. Clark's.

Mrs. Laura M. of Locke's Mills was the guest of her parents, Mr. and Mrs. Walter Blake, last week.

Mr. and Mrs. Walter Chandler of West Bethel were guests of Mr. and Mrs. A. D. Forbes, Sunday.

Miss Margaret Tibbette, daughter of Dr. and Mrs. R. B. Tibbette, is confined to the house with the measles.

Mr. Edwin Merrill of West Bethel was an overnight guest of Mr. and Mrs. G. J. Haggard and family recently.

CHURCH ACTIVITIES

CHRISTIAN SCIENCE SOCIETY

Chapman Street

Services Sunday morning at 10:45.

Subject of the sermon lesson, Truth.

Sunday School at 10 o'clock.

10:45: Public worship, the pastor conducting.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

12:00: Church School.

7:00: Christian Endeavor prayer meeting.

Tuesday, Jan. 20, 7 o'clock: Chorus rehearsal.

Community Building

"Dressing Up" School Ground Delights Eye

There is a new look about the school grounds in Bethel. The school committee has been very successful in their efforts to make the grounds more attractive. The new building is a fine example of modern architecture and the grounds are being planted with many beautiful trees and shrubs. The school is a source of pride for the community and the grounds are a delight to the eye.

The school building has been a great success. The new building is a fine example of modern architecture and the grounds are being planted with many beautiful trees and shrubs. The school is a source of pride for the community and the grounds are a delight to the eye.

The school building has been a great success. The new building is a fine example of modern architecture and the grounds are being planted with many beautiful trees and shrubs. The school is a source of pride for the community and the grounds are a delight to the eye.

Matter of Planting Trees Along Highways

There is a new look about the school grounds in Bethel. The school committee has been very successful in their efforts to make the grounds more attractive. The new building is a fine example of modern architecture and the grounds are being planted with many beautiful trees and shrubs. The school is a source of pride for the community and the grounds are a delight to the eye.

The school building has been a great success. The new building is a fine example of modern architecture and the grounds are being planted with many beautiful trees and shrubs. The school is a source of pride for the community and the grounds are a delight to the eye.

Select Colors Carefully

When you are thinking of building a new house, you should think of the colors of the building. The colors of the building should be selected carefully. The colors of the building should be selected carefully.

Financing the Home

When you are thinking of building a new house, you should think of the financing of the home. The financing of the home should be selected carefully. The financing of the home should be selected carefully.

Good Lights Pay

When you are thinking of building a new house, you should think of the good lights. The good lights should be selected carefully. The good lights should be selected carefully.

Brusher With Sense

When you are thinking of building a new house, you should think of the brusher with sense. The brusher with sense should be selected carefully. The brusher with sense should be selected carefully.

LIVE STOCK

SEX AS FACTOR IN BEEF PRODUCTION

Half of the beef calves dropped each year are heifers, out of this number only 25 per cent are bred for replacement in the breeding herd. That leaves three-fourths of the heifers for the single purpose of beef production. Unfortunately the disposal of these females has represented the most losing proposition with which the ranchman has to deal. Furthermore, he has not had the benefit of as much experimental work in the feeding of heifers as with steers. In view of the need for more information concerning the feeding of heifers for beef, a concerted effort is being made this year by a number of state experimental stations, co-operating with the United States Department of Agriculture, to conduct investigations which will aid the ranchman and farmer in more profitable disposal of the heifer calves in the beef herd. This is one of the many problems in beef production that are being undertaken co-operatively by the department and state stations in the recently launched movement for studying the factors which influence the quality and palatability of meat.

At the present time light heifers sell fully as high as steers of similar breeding, condition, and weight. Heavy heifers are never wanted except at a discount, and there have been times in the past when all heifers have been severely discriminated against. Factors are frequently accused of being responsible in a large extent for this discrimination. As near as can be ascertained, a part of this discrimination is due to prejudice and a part to actual inferiority of heavy heifer beef. Heavy heifers frequently carry too much external fat, a great deal of kidney meat, and make carcasses which need considerably more trimming than those of steers of similar weight. Although there is often no discrimination against light heifers, and not infrequently a premium is paid for them as compared with steers of similar weight, those in charge of experimental work feel that trials should be conducted with all classes of heifers in comparison with steers.

Sheep Husbandry Is Best Adapted to Small Scale

Sheep husbandry is well adapted to operations on a small scale and the use of a few acres of land. The sheep are easy to handle and the wool is a valuable product. The sheep are easy to handle and the wool is a valuable product.

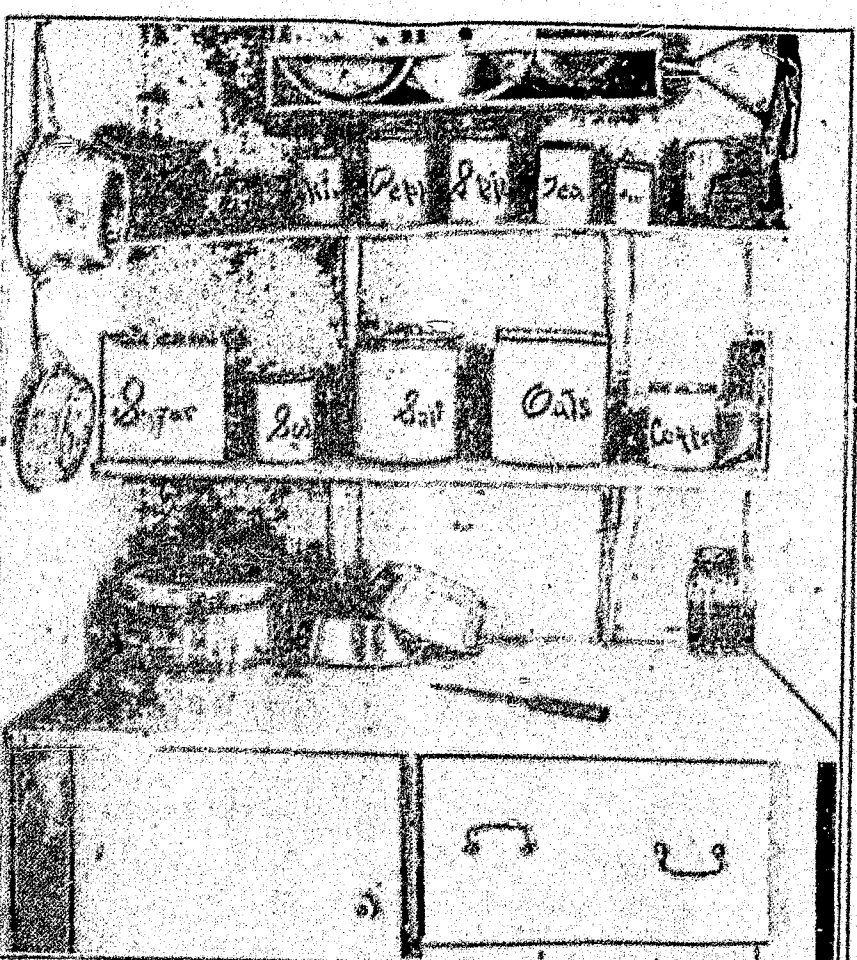
Black Teeth in Little Pigs Are Not Harmful

Many pigs are born with sharp little teeth which are called black teeth. These teeth are not harmful and do not affect the health of the pig. The black teeth are not harmful and do not affect the health of the pig.

Big Value in Calf

The calf is a valuable animal and should be well cared for. The calf is a valuable animal and should be well cared for. The calf is a valuable animal and should be well cared for.

SET OF BOXES USEFUL FOR STORING FOOD



Racks for Pot Lids and Pans, Also Tin Cans Painted and Labeled.

All sorts of different cans and tin boxes in which supplies have been bought, such as coffee tins, cracker boxes, lard cans and the like, may be pressed into service for storing food materials if they have good, tight lids. When painted white or in some color harmonizing with the kitchen, and marked plainly, they serve one's purpose, which is to keep out insects and dirt and prevent spoilage, just as well as the more expensive boxes sold in stores. Farmers' Bulletin 1274, "Care of Food in the Home," gives directions for the proper storage of all the common kinds of food, particularly recommending that cereals, coffee, tea, sugar, baking powder, flour, and other dry materials be kept in clean, tightly covered containers. This bulletin can be obtained by sending to the United States Department of Agriculture at Washington, D. C.

REQUIRED FOOD FOR GROWING CHILDREN

Protein and Mineral Matters Most Important.

In order that children may be strong and well, their food must meet three kinds of needs: energy, protein and minerals. First, it must provide the materials necessary for building and repairing all the different parts of the body; second, it must furnish energy or fuel for the work of the muscles; and third, it must serve to regulate the intricate chemical changes on which health and growth depend. The principal building materials are protein, which forms the basis of all the tissues, and mineral matters, such as iron, lime and phosphorus, which are found in different parts of the body. Protein supplies energy as well as building material, but the greater part of the energy of the ordinary diet comes from starch, sugar and fat. Along with the substances that regulate the chemical changes by which the body grows and functions are some of the mineral matters and the so-called vitamins. Although vitamins have been only recently discovered and are not yet thoroughly understood, it is believed that three of them, known as vitamins A, B and C, are necessary to health and growth, and that a lack of them may lead to underdevelopment or to such diseases as rickets and scurvy. Some of these necessary food ingredients are found in one kind of food, some in another, and enough different kinds to furnish them all must be provided in the course of a day or a week. The most important kinds for children are milk, egg, a little meat or fish, a variety of vegetables and fruits, bread and other cereal foods, together with enough fat and sugar to make the meals tasty food. Simple foods, wisely chosen and well prepared, are much more wholesome for children than elaborate dishes. Milk is now believed to be necessary in the diet of every normal child, because it supplies the important vitamin A, which is especially needed by the growing body. It supplies also a very good form of the tissue-building protein. Estimates of the quantity required differ, but a good rule for most families is to buy a quart of milk a day for each child. When a child has a liberal supply of milk, he gets so much protein that such other protein-rich foods as eggs, meat and cheese are needed in very small quantities, if at all. An egg each day is an equivalent amount about two cups of meat, fish, poultry, cottage cheese, peanut butter, or some other protein food to give for a child on the average years of age. An advantage in using a little egg or meat to supplement the milk is that these materials supply iron, to which milk is comparatively lacking. Egg yolks are particularly rich in iron, and there are various easy ways of introducing them into the diet. Soft curd cottage cheese from milk and egg yolks, sweetened and flavored, can be served either as dessert or in place of cream on fruits or other desserts. The use of egg yolks in thickening soups and milk gravies is also recommended. Hard-cooked egg yolks, which contain little iron, are not considered difficult to digest, make good fillers for vegetables. Vegetables and fruits furnish a little protein and some yield fair amounts of energy, but they are particularly valuable as sources of the necessary minerals.

EITHER SWEET OR SOUR MILK USEFUL

Housekeeper May Substitute One for the Other.

Here's a recipe for griddle cakes, but it calls for sour milk, and I have only sweet! Or, "I'd make some gingerbread with that sour milk if I only had a recipe, but this book gives a sweet milk gingerbread!" How often is the housekeeper confronted with one or the other of these dilemmas? Perhaps she does not know that she can easily substitute sour milk and soda for sweet milk and baking powder, or vice versa. The United States Department of Agriculture tells her exactly how to do it in Farmers' Bulletin 1450, "Baking in the Home."

When proportions are given in terms of sweet milk and baking powder, an equal quantity of sour milk may be substituted, and enough soda used to neutralize the acid, or a scant half teaspoonful for each cupful of sour milk. In the case of this batter the soda and sour milk generally furnish enough leavening, but for thick batters or doughs baking powder is usually needed in addition. For instance, in griddle cakes, one cupful of sweet milk and two teaspoonfuls of baking powder may be replaced by one cupful of sour milk and a scant half teaspoonful of soda. This quantity of soda is not only right for the sour milk, but with the milk it is approximately equivalent in leavening power to the two teaspoonfuls of baking powder. For thick batters or doughs of cake and four teaspoonfuls of baking powder, if one cupful of sour milk and a scant half teaspoonful of soda were substituted, two teaspoonfuls of baking powder would be needed also to be equivalent to the above quantity of baking powder.

When sweet milk is to be used in place of sour, baking powder is substituted for all of the soda in the proportion of four teaspoonfuls of baking powder for each teaspoonful of soda. In other words, baking powder is used in place of soda in the proportion of four to one. If such an acid ingredient as lemon juice or vinegar is used, some soda is required.

When Jesus Speaks Your Name

By REV. H. OSTROM, D. D.
Evangelical Department, Moody Bible Institute, Chicago.

TEXT—She supposed him to be the gardener.—John 20:15.

A weeping woman was asked twice within a short time why she was weeping. She may not have seen very clearly nor have heard very well. Does not a weeping person ask again and again, "What did you say?" Mary tells the reason for her tears—"They have taken away my Lord."

For the time being, she has lost her Lord. But one speaks to her, calling her by name, and forthwith she answers, "Rabboni," "Master," i.e., my Lord, she, blinded with tears, had supposed was the gardener, is really her risen Lord. In English her response means "Teacher," and what a lesson is here taught.

She learns that Jesus, although coming in lowliness and without "comeliness," is Lord over death. He had raised others from death. He had said plainly, "I am the resurrection and the life." He had repeated more than once his authoritative statement that he would himself rise from the dead. Now Mary learns something of what it means to live on this side of Calvary. He whom she had mistaken for a servant of Joseph of Arimathea is really the conqueror of this enemy called death. In the sepulcher now there is light, perpetual light, piercing the darkness of death. Mary has been taught that Jesus, although His body had lain in the sepulcher, has made good His promise. How well she believed in His promise that He would rise again must be seen in her conduct at the time rather than in any direct statement. She had referred to the "third day," and she was there at the sepulcher looking for Him. Whatever her attitude, Jesus had done as He said. He would do. He always does so. His promises may to men seem impossible of fulfillment, "exceeding great and precious promises," but not so much as one falls and if one has ever fallen, then how swiftly would sinners be quickened to doubt them all. It is enough to be assured that He has promised, "That the promise might be yea-ay" is the guarantee. No uncertainty should be indulged. No apostles, no hours, no days, no centuries, of time have yet sufficed to cast a shadow of uncertainty over one word of His promises. The third day or the third millennium, it matters not, He neither subtracts from the covenant nor forgets its minutest terms. Well was it for Mary that she started the new day right where the fulfilled promise met her.

Mary has been further taught that when He calls the name, His voice assures what weeping, sorrow and sobbing hearing cannot discover. We hear of the musical voice, the soothing voice "softer than silence." But who could describe the quality of Jesus' voice? He is calling her (as all the other dear ones) by her name—MARY.

How precious His voice! We hear of the "precious promises" and the "precious blood of Christ." His voice is precious amid the common tones, the jargon sounds. His melody is heard by the one who "listens in" and hears the voice of God speaking in His holy Word. We never realize the music of the heavenly call until we make it personal. It is the Lord's call to the personal. He singles out and calls to the crowd, and among the thousands in Jerusalem He calls to that one who is at the place in the early morning. So it is today. There is the crowd, but thou, oh man, art the called one. The best is offered thee. Grace for thy sorrows and sin. Has He been to thee common as a gardener? Oh, accept and call Him Lord, Lord for thyself. Nor do I exaggerate by saying this. Does He not call "them all by their names"? It is all personal. Once you have heard Him you will know it.

It has been well said that no man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today, that the weight is more than a man can bear. Never load ourselves so, my friends, if you find yourselves so loaded, at least remember this: It is your doing, not God's. He has you to leave the future to Him, and told the present. What more or what else could He do to take the burden off you?—George MacDonald.

Don't Blame God!

My tummy is covered with yellow fur and my back is covered with black and gray fur. The top part of my body, including my head, is covered with brown and gray fur.

The Human Love of Jesus

The human love of Jesus was as sensitive as the needle of the most exquisite compass. It was more discerning of sinning sinners than the most sensitive thermometer. It was more penetrating than the x-ray which registers the finest shock of earthquake in the most distant parts of the world.—J. H. Jowett, D. D.

Heavenly Beatitude

Man, by living wholly in subjection to the Divine Influence, becomes surrounded with and creates for himself internal pleasures infinitely greater than any he can otherwise attain to a state of heavenly beatitude.—J. P. Grayson.

Daddy's Evening Fairy Tale

By MAE GRAYSON BONNER

GETTING ACQUAINTED

"We're all small animals in this house," said the Wombat from Australia, a funny little animal who enjoyed lying on his back, even when he talked. "We are," said the white-nosed Coati.

"That's all I want to know," said the Wombat. "Oh, at least all I want to know is that some one agrees with me and has the intelligence to see that I am right." "So now, dear animals, I will go to sleep if you will excuse me."

And the Wombat, the funny little Wombat, still lying on his back, went sound asleep.

He did not pay attention to anything for a long time. Sleep was so pleasant.

"The zoo is nice," said the white-nosed Coati. "I hope some other animal would feel like a little chat, now that Wombat had gone to sleep."

And, sure enough, one of the squirrels blinked his eyes and looking at the Coati, said: "If you were a little fatter you'd look like a fox."

"That's what so many say," the white-nosed Coati answered. "Another squirrel has awakened and is ready for a talk," he added after a moment.

"Yes," said the second squirrel, "I am ready for a chat."

"Good," the others said. "And then added: 'What are you going to say for yourself?'"

"Well," the second squirrel replied, "I am certainly not going to say my name for some one else. I am the one who is going to chat and so I don't chat for another creature."

"I chat for myself." "Oh, that's just a saying," one of the others said. "When some one sees a friend and wants to hear what news the friend has and what the friend has been doing the same one will say: 'What have you to say for yourself?'"

"I see," said the second squirrel. "And by that I mean that I both see and understand. I believe the expression 'I see' often means just the same as 'I understand.'"

"Very often, very often, in fact frequently," the others said. "Now let us hear you," they added, "and your real name."

"I," said the second squirrel, "am known as the Southern Fox Squirrel, and hearing something about a fox I did not know whether you were mentioning part of my name or not."

"No," said the Coati, "the first Mr. Squirrel here was remarking that I looked a little like a fox."

"But we are delighted to have you join our conversation."

"Thank you, thank you," said the Southern Fox Squirrel. "Before I came to the zoo I lived in Florida," he continued after a moment.

"Do you like my suit?" "It like different colors in fur, so my tummy is covered with yellow fur and my back is covered with black and gray fur."

"You're handsome," said the Coati. "And you, first Mr. Squirrel, won't you tell us about yourself?" "I'd be delighted to, I am sure," said the first squirrel. "I am called the Variable Squirrel because I have such a variety of colors."

"My tummy is covered with yellow fur and my back is covered with black and gray fur. The top part of my body, including my head, is covered with brown and gray fur."

"You're handsome," said the Coati. "And you, first Mr. Squirrel, won't you tell us about yourself?" "I'd be delighted to, I am sure," said the first squirrel. "I am called the Variable Squirrel because I have such a variety of colors."

POULTRY

BEST MAN OF AN

The incubator is a room to itself with cellar or basement. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

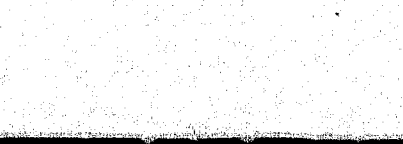
The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

The temperature should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature. The machine should be level, then run for nights before the light. It is a good idea to over the egg tray machine. When empty, the thermometer should be brought down to the normal temperature.

IT HAS LASTED

"Trump" of the Sea

Record of character for more than 10 years
 by all persons
 J. C. Murphy & Co., Toledo, Ohio.



RAILROAD CONSOLIDATION
The upholders who have advocated a consolidation of railroads in order to relieve the burdens of the consumers do not meet it at their own. In consequence the present consolidation comes before the Interstate Commerce Commission in a danger of being defeated. Most of the railroad consolidations are likely to die at the hands of persons who are trying to get away with promotion fees.

100

Write for Booklet
Address
State Chamber of Commerce and Agricultural League
City Hall, Portland, Maine
Get the "BUY MAINE PRODUCTS" booklet, a handy classified directory of
~ Maine Products ~
MAINE DEVELOPMENT ASSOCIATION
Buy Maine products

TORISTS ENTION

Valvoline

SPECIAL WINTER OIL

CARVER'S

Wholesale and Retail